

Communication

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DIVORCE IN AMERICA



Just About

50%

OF ALL MARRIAGES END IN DIVORCE



FREQUENCY OF DIVORCE



In America,
there is one
divorce every
13 seconds.



6,646
DIVORCES
PER DAY

46,523
DIVORCES
PER WEEK

TOP 5 REASONS PEOPLE GET DIVORCED SURVEY SAYS...

- 1** *Poor communication*
- 2** *Finances*
- 3** *Abuse*
- 4** *No longer attracted to one another*
- 5** *Infidelity*

Verses to consider...

- Proverbs 15:4 “ *The tongue that brings healing is a tree of life.*”
- Proverbs 18:20 “*The tongue has the power of life & death.*”
- Proverbs 15:30 “*A cheerful look brings joy to the heart.*”

Healthy Boundaries in Effective Communication

1. We will steer clear of saying “never” & “always.”
2. We won’t blame or shame.
3. We won’t name call, label, or belittle.
4. We won’t use “YOU...” statements.
5. We won’t tell the other person we are “angry” at them – we will strive to use better explanation.
6. We won’t lose control. (You will need to clarify what that means to each of you personally)
7. We won’t withdraw, isolate, or abruptly leave conversation.
8. We won’t speak until we have completely listened to our partner.
9. We won’t make demands.
10. We won’t use threats.
11. We won’t criticize.
12. We won’t interrupt.
13. We will not use the word DIVORCE.
14. We won’t use generalizations.
15. We won’t point out when our significant other breaks these rules, it is about our own accountability & example.

Additional Boundaries

1. We won’t go to other family, friends, co-workers, etc. without prior permission concerning our communication.
2. We will speak face-to-face rather than hiding behind technology.
3. We will learn to use the 4 T’s.
4. We will not have intense discussion in the presence of others including our children.
5. We commit to transparency, honesty, openness, and truth even when uncomfortable or embarrassing.
6. We won’t reference family members or their flaws, unless directly interfering in our relationship.
7. We won’t continue to reference past failures or previously resolved issues.
8. We will endeavor to learn and apply new skills in empathetic listening.

The 4 T's of Communication

- Timing
- Tone
- Technique
- Truth

Timing

- Do I try to talk to my significant other when they are very busy, leaving for work, already engaged in an activity, or late at night?
- Do I ASK if “now is a good time and if it isn’t, what works for you?”
- Am I sensitive to my partner’s daily rhythms and stress levels?
- Do I pile up numerous discussions and try to address them all at once?

Tone

- Do I sound Angry? Sarcastic? Condescending? Uninterested?
- Is there a difference in your tone based on whom you are speaking to? (Do you sound nicer to friends or strangers?)
- Am I too loud?

Technique

- Am I remembering to start positive and focus on strengths?
- Am I using the healthy boundaries list?
- Am I playing the victim or blaming?

Truth

- Am I being honest and fair – do I exaggerate or twist things?
- Have I considered their intent or state of heart?
- Do I re-write history – alter or leave things out?

Discussion Question

Please take 5 min to talk with your partner about which of the 4 T's you personally need to focus on improving. You are answering for yourself, not your partner.

Timing

Tone

Technique

Truth

3 Types of Communication

1. Average daily talking.
2. Serious conversation/in depth or important.
3. Conflict.

Male and Female Neuroanatomy and Physiology of Communication

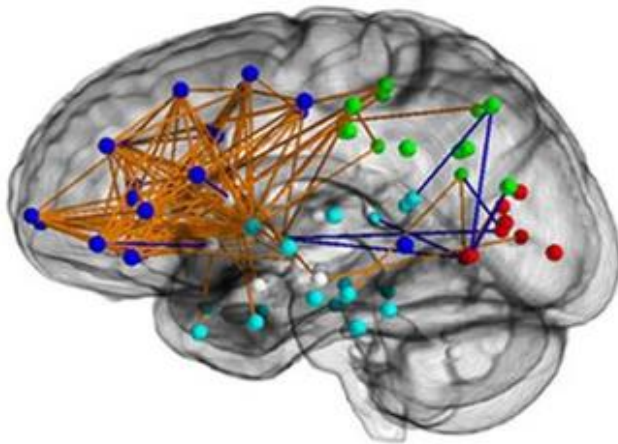
- MEN:
- 10% larger brains with 4% more cells
- Larger inferior parietal lobule - good for mathematic & analytical processing
- Better spatial relationship & 3D thinking
- Interstitial nuclei of anterior hypothalamus is 2X larger deals with hormonal control & sex drive
- Over time, brain shrinks at faster rate than females
- Delayed frontal cortex (the wisdom seat) until early 20's
- Thicker frontal cranial bone (yes, thicker head literally)
- New studies show men have a dominant side for hearing in one particular ear.

Male and Female Neuroanatomy and Physiology of Communication

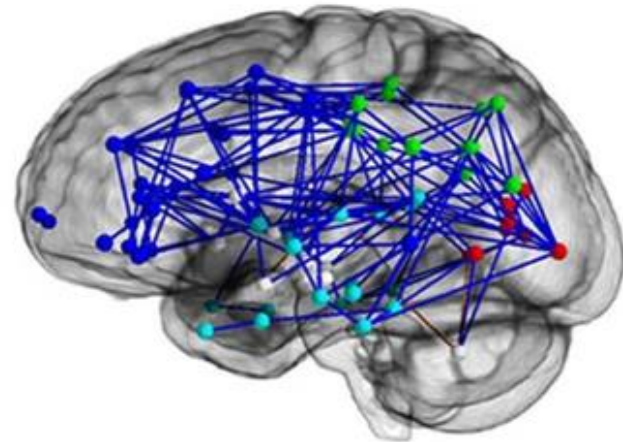
- WOMEN:
- About 11% more neurons, densely packed with more cellular connection (better understand language, melody, tone)
- Corpus callosum connects both sides of brain & is 2X larger for faster data transfer (multitasking)
- Larger limbic system for emotion & expression
- Larger frontal & temporal areas assoc. with language
- Brain runs at a higher temperature, burning more glucose
- Oxytocin is released based on mere “thoughts” of love
- Women have over 100 identified steroid hormones which cycle more in 1 month than men do in entire life including puberty.

Male and Female Brain Side View

Female



Male



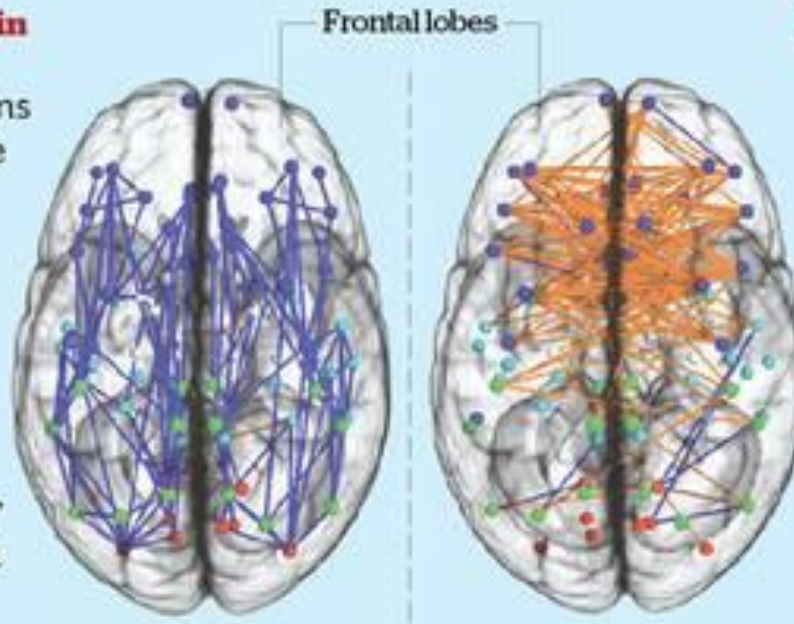
Male and Female Brain Top View

The male and female brain

A new way of showing the connectivity of the brain - called "connectome" maps - reveals significant differences between men and women

Typical male brain (top view)

Most connections run between the front and back parts of the same brain hemisphere, which could account for the better spatial skills and motor (muscle) control in men



Typical female brain (top view)

Many more neural connections go from side to side across the left and right hemispheres of the brain. Scientists say this could account for women's better verbal skills and intuitive abilities

Am I a Good Listener?

Read through and check any that apply to you. If you see you have three or more of these, this indicates you need to give extra focus on the next activity.

- Do I interrupt my significant other?
- Am I NOT willing to stop what I am doing to hear my significant other?
- Do I plan what I want to say while my significant other is talking?
- Do I put time limits on listening?
- Do I walk away or leave discussions?
- Do I zone out or become distracted easily?
- Do I often say things like “can we talk later?” or “I can’t deal with this now” or “get to the point.”
- Do I have trouble seeing things from my significant others view?
- Do I think my significant other talks too much?
- Do I avoid times or places I may have to listen to my significant other?

10-steps of Intentional Empathetic Listening

1. Decide who will be the listener and who will be the talker.
2. The Talker begins with affirmations that are specific to the situation.
3. The Talker shares his/her thoughts and feelings by using “I feel” statements.
4. The Listener repeats what the Talker said and asks if they got it correct.
5. The Listener empathizes.
6. The Listener apologizes and asks for forgiveness.
7. The Listener asks the Talker if there is anything more he/she wants to share regarding this specific incident.
8. The Talker, if necessary, shares more “I feel” statements.
9. The Listener repeats the Talker’s feelings and thoughts, and then asks if he/she understood correctly. If not, the Listener asks for clarity and then empathizes (step 5).
10. Reverse roles.

The Daily Five A's

- **A**ffirmation
- **A**ffection
- **A**pology
- **A**sk
- **A**men

Affirmation

- Tell your significant other things you appreciate about who they are and what they do, the things that made you fall in love with them, the many positive attributes that they have.

Affection

- Each of us needs physical contact. Hugs, handholding, a kiss, a backrub, a cuddle all help with wordless communication. Do not withhold affection based on daily emotion, give generously!

Ask

- This is not a to-do list! But ask your significant other daily, “what can I do for you?”, “is there anything you need?”, “how can I help with any burdens?” It means so much to know each day someone cares enough to offer us help.

Apologize

- Learn to say “I am sorry” and mean it! You don’t have to apologize for every little thing, but learn to correct your wrongs, and ease any hurt you have caused. Saying “I am sorry” is not weakness, or caving in, it is strength of character.

AMEN

- Most couples who need to grow have not learned to pray regularly WITH each other or FOR each other. Start by daily praying for the person you love, then make sure you pray together for meals or blessings, then try to make a time that you start or end your day with prayer together. If you really want to defeat the enemy's attacks on your marriage – PRAY together. It is a massive form of spiritual warfare.

Recommended Reading

- How to Have That Difficult Conversation
 - Dr. Henry Cloud & Dr. John Townsend
- House & Home – God’s Blueprint for a Great Marriage
 - Chip Ingram
- Love & Respect
 - Dr. Emerson Eggerichs
- Battlefield of the Mind: Living Beyond your Feelings
 - Joyce Meyer
- Your Time Starved Marriage
 - Drs. Les & Leslie Parrott

Recommended Reading

- Power of a Praying Wife
 - Stormie Omartian
- Emotional Intelligence 2.0
 - Travis Bradberry, Jean Greaves
- Crucial Conversations: Tools for Talking When Stakes are High 3rd Edition
 - Joseph Grenny; Kerry Patterson; Ron McMillan; Al Switzler; Emily Gregory

Homework assignment

Commit to sharing the Daily 5 A's with your partner every day for the next week.

At the end of the week, discuss the observations, feelings, and experiences you had while sharing the Daily 5 A's.

Did you find them mechanical, difficult, enjoyable, awkward, and/or helpful?

Page 20 in your workbook